

\$2

JUNE 30, 2023 | VOLUME 14 | ISSUE 14

YOUR PURCHASE BENEFITS THE VENDORS.  
PLEASE BUY ONLY FROM BADGED VENDORS.

Being a nice human: a recipe in development. **Page 4**



ASK YOUR  
VENDOR: WHAT  
IS THE BEST ICE  
CREAM FLAVOR?

PONY BUSH #305

# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



Summer street scenes.  
page 7

Photography by  
Mike Jones

THIS PAPER WAS BOUGHT FROM



@groundcovernews, include vendor name and vendor #



letter to the **EDITOR**

Last week, I was walking in downtown Ann Arbor when a Groundcover News vendor (I’m not going to use his name out of respect for his privacy) asked me if I was interested in buying the latest issue. As is often the case, I was running late, but I love Groundcover News content and always enjoy meeting the vendors. So, we chatted for a minute while I paid for my copy of the special edition and then I kept it moving toward my destination. As I was walking away, I heard the vendor asking another person nearby if they were interested in buying a copy. When I didn't hear anyone respond, I decided to observe from across the street to see how it would play out.

In the few minutes I stood observing across the street, I saw multiple people, some with young kids, walk past this vendor, either ignoring him entirely, acting as though they didn't hear him speaking to them, or demonstrating an unwillingness to talk with him through their dismissive body language. I know there are many other people who DO

acknowledge or stop to speak with vendors or others when approached on the street, but I’ve seen the opposite happen enough times that it feels necessary to say something.

If you feel such a sense of urgency to get to your destination that you choose not to acknowledge that someone is speaking to you, please take time to reflect on why you prioritize your own sense of urgency over respecting another human being's humanity. If you're not familiar with the work of Tema Okun, please take time to learn about White Supremacy Culture and how this behavior perpetuates it. ([tinyurl.com/00001441](https://tinyurl.com/00001441))

If you find it scary or uncomfortable to be approached by a stranger in public, please take time to unlearn the “stranger danger” myth and learn how to identify and respond to legitimate safety concerns rather than fearing all strangers and teaching your children to do the same. ([tinyurl.com/14410000](https://tinyurl.com/14410000))

Whether folks we encounter on the street are selling things like

Groundcover News to make money, asking for money without having anything to sell, or just trying to be acknowledged and seen as fellow human beings, the very least we should do is acknowledge them with kindness and care.

Our children are watching how we move through the world. We have a responsibility to move with kindness and care for everyone in our community, especially for the folks who are the most marginalized.

If you've read this far and find yourself feeling defensive or like your individual experience isn't reflected, please try to recognize that a 700 word piece can't possibly capture all of the contextual factors that may impact each person's capacity for engagement with strangers. That said, we have to be mindful of the power dynamics inherent in our interactions with the people around us. Our individual traumas, mental illnesses and upbringings don't exist in a vacuum.

To borrow from my own experience,

I’m a therapist who specializes in treating trauma, in part because I have a history of complex PTSD. Because of my professional and personal privilege, I have access to the quality therapy and psychotropic medications that I need to help me function. Even so, I have struggled at times to be emotionally regulated enough to demonstrate kindness to folks who approach me on the street. If you're healing from trauma, caring for your mental health, dealing with the effects of prior street harassment, etc., and it prevents you from engaging with the folks who approach you on the street, I truly get it and empathize with how difficult that can be. And, I hope you receive the kindness and care we all deserve and you're able to pay it forward when strangers approach you for help or support.

— Erica Johnson

GROUNDCOVER NEWS

CREATING **OPPORTUNITY** AND A **VOICE** FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

STAFF

Lindsay Calka — *publisher*

Cynthia Price — *editor*

Layla McMurtrie — *deputy editor*

ISSUE CONTRIBUTORS

Kevin Allgood  
Mohammed Al Mustapha  
Luiza Duarte Caetano  
Dalon Eaton  
Heather Feather  
Markona Love  
James Manning  
Erica Johnson  
Mike Jones  
Ken Parks

PROOFREADERS

Susan Beckett  
Elliot Cubit  
Zachary Dortzbach  
Anabel Sicko  
Sandy Smith

VOLUNTEERS

Jessi Averill  
Loga Brown  
Luiza Duarte Caetano  
Glenn Gates  
Alexandra Granberg  
Harleen Kaur  
Robert Klingler  
Holden Pizzolato  
Alex Tarbet  
Melanie Wenzel  
Mary Wisgerhof  
Max Wisgerhof  
Claud Van Valkenberg  
Navya Yagalla  
Emily Yao

CONTACT US

Story and photo submissions:  
[submissions@groundcovernews.com](mailto:submissions@groundcovernews.com)

Advertising and partnerships:  
[contact@groundcovernews.com](mailto:contact@groundcovernews.com)

Office: 423 S. 4th Ave., Ann Arbor  
Mon-Sat, 11 a.m. - 3 p.m.

Phone: 734-263-2098

[@groundcovernews](https://www.instagram.com/groundcovernews)  
[@groundcover](https://www.facebook.com/groundcover)

**DONATE, PITCH A STORY + LEARN MORE**  
[www.groundcovernews.org](https://www.groundcovernews.org)  
[linktr.ee/groundcovernews](https://linktr.ee/groundcovernews)

ASK YOUR VENDOR

What's the best ice cream flavor?

**WAITING**  
— Pony Bush, #305

**Chocolate.**  
— Denise Shearer, #485

**Ben and Jerry's “Everything But The...”**  
— Mansel Williams, #96

**Superman.**  
— Todd Smith, #607

**Depends on where I go. Lemon soft serve (at 6 mile and Wyoming), butter pecan (at home), soft serve chocolate and strawberry (at Dairy Queen)**  
— Felicia Wilbert, #234

**Vanilla.**  
— Roberto Caballero, #347

**Double chocolate marshmallow.**  
— Tony Schohl, #9

**Chocolate.**  
— Ken Parks, #490

**Butter Pecan.**  
— Teresa Basham, #570

**Butter Pecan. Then strawberry.**  
— Joe Woods, #103

**Neapolitan.**  
— James Tennant, #174

There's nothing to try no more!

**HEATHER FEATHER**  
**Groundcover vendor No. 45**

When I was a child, I heard, “You get a headache; you get hooked! You might never stop or you might never come down.” That was my war on drugs.

Today's war on drugs is that there is nothing left to try! If you do drugs today, you might never see tomorrow. Fentanyl has taken over. When

various kinds of street pills were tested, 42% contained at least two milligrams of fentanyl.

If you are wondering how fentanyl got here, it was first used in the 1960s as an intravenous anesthetic and then in a pain patch. Fentanyl is now popping up in marijuana! People trying marijuana for the first time might die from fentanyl. There really is nothing left to try.

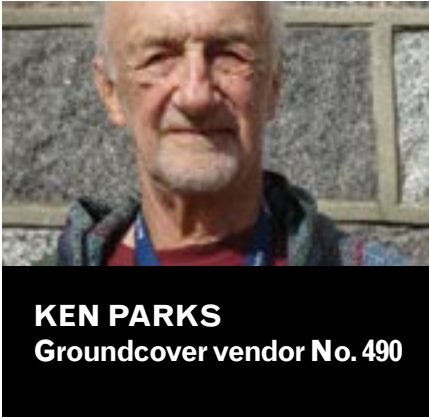
There's been a decrease in overdoses because of naloxone. If you are using drugs, carry a bottle of naloxone! It might save your life. Better yet, just don't pick up the first drug.

The fact is, it is here! And I am really concerned. I hope you're there when I get back to Ann Arbor. Love, your Heather Feather.

Proud to be an American Revolutionary

Back in my Detroit days, I was invited by Linda King, commander of a National Guard unit, to their Kwanzaa celebration in Highland Park. Linda and I met through Marge Bursie, the first African American to get a degree in social work from the University of Michigan. Marge founded the Youth Advocacy/Anti-Hunger program on the east side and had a large community of volunteers, supporters and graduates. Linda and I took her advice to meet and connect.

The Kwanzaa theme of the day was community economics. Linda organized a circle of everyone in uniform, about 20 people, with me at the end. Each of us introduced ourselves and said whatever came to mind. The first person said “I am proud to be an American.” I immediately felt some inner resistance to those words.



I had studied much and worked two and a half years in West Germany with German Christians who were active in the anti-fascist movement in the Third Reich and the Cold War. Gossner Mission was an industrial mission with roots in the working class and included a boys home. Living abroad is an eye opener and I learned even more about current affairs, especially civil rights and the war in Vietnam. I extended my service six months to be in a seminar of study, do factory work and take a trip to Poland. We learned that West Germany, with U.S. advice, had not settled WWII with Poland, so there was no treaty for boundary recognition, and that NATO was formed to target the USSR for destruction. Put that with the genocide of slavery and the Indian wars, and how could I be proud to be an American?

Back in Highland Park, the next National Guard person began with “I’m proud to be an American.” By the time I heard that phrase the fourth time, I took a breath and entered a meditative state that took me to Cuba. In front of the University of Havana is a traffic circle with a small park and a monument to Julio Antonio Mella, a martyr for Cuban independence in the 1930s. There is a plaque with these words,

which entered my mindstream: “LUCHAR POR LA REVOLUCIÓN SOCIAL EN LA AMERICA, NO ES UNA UTOPIA POR LOS LOCOS Y FANÁTICOS, ES LUCHAR POR EL PRÓXIMO PASO EN LA AVANCE DE LA HISTORIA.”

The English translation of this for Groundcover readers is: “STRUGGLE FOR THE SOCIAL REVOLUTION IN AMERICA, IT’S NOT A UTOPIA FOR LUNATICS AND FANATICS, IT’S A STRUGGLE FOR THE NEXT STEP IN THE ADVANCE OF HISTORY.”

I had heard “I’m proud to be an American” some 20 times and now came my turn. I let my heart speak, “I’m proud to be an American, and the America of which I speak is not only from the Atlantic to the Pacific, but also from the Arctic to the Antarctic. That is North America, South America, Central America and the Caribbean, which is the center of the first maps of the new world.”

I learned this in Cuba where I also learned about community economics, the Kwanzaa theme of the day. My heart spoke, “There are two kinds of markets, one is the natural market, which exchanges goods and services for mutual benefit. The other is the commodity market which is ruled by profits.” I’m learning to combine the American revolution of 1776 with the Bolivarian and Cuban revolutions.

Now I can say, “I am proud to be an American Revolutionary,” doing something to advance freedom, peace, human dignity and solidarity. I study, communicate and go to work, “Detach from the Trance of Unworthiness” as Roshi Joan Halifax and Tara Brach discuss so beautifully. To tell the truth about your life is the beginning of the revolution; it continues as you share experience, analysis and make collective decisions on the next step.

GROUNDCOVER NEWS ADVERTISING RATES				PACKAGE PRICING
Size	Black/White	Color	Dimensions (W x H in inches)	
1/8	\$110.00	\$150.00	5 X 3 or 2.5 X 6.5	Three Months/Six Issues: <b>15%</b> off
1/6	\$145.00	\$200.00	5 X 4	Six Months/Twelve Issues: <b>25%</b> off
1/4	\$200.00	\$265.00	5 X 6.25	Full Year/Twenty-four Issues: <b>35%</b> off
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5	Only run for two weeks/one issue: <b>40%</b> off
full page	\$650.00	\$900.00	10.25 X 13	Additional <b>20%</b> discount for money saving coupons

**Bethlehem United Church of Christ**

*whoever you are, and wherever you are on life's journey, you are welcome here*

423 S. Fourth Avenue, Ann Arbor, MI 48104 734-665-6149

[Bethlehem-ucc.org](https://bethlehem-ucc.org) [facebook.com/bethlehemuccA2](https://facebook.com/bethlehemuccA2)

*Bethlehem Church is home of the Groundcover office*

**JULY 2023 EVENTS AT BETHLEHEM**

Please visit the church website at: [bethlehem-ucc.org](https://bethlehem-ucc.org) for the most up-to-date calendar and event information.

**Sunday Worship Time**

**10:00 am In-person and via Live Stream and Radio Broadcast**



# Being a nice human: a recipe in development

Greetings, dear reader! I start this article with a simple prayer: may love, serenity, peace, laughter, joy, happiness and financial stability be your constant companions in abundance, now and forever. Amen.

A polite gentleman on the number 4 Ann Arbor Transportation Authority bus, wearing a shirt with the following sentence on it, “Be a nice human,” inspired me to write this article. I thank him, wherever he may be in life. While I am still working on figuring out what exactly makes us humans and what we are as humans, other than the fact that we are a collection of carbon-based cellular systems functioning on electricity, I have come to prize and appreciate the collective thought of the power of human goodness.

Sometimes, when I feel down and gloomy, I open up YouTube and start watching videos with titles like “Faith in Humanity” and “Power of Goodness.” They always make me smile. So, I thought I would delve deeper into what it is that makes a good human. Below are some of the common recipes that are freely and readily available in the cupboards of our souls and shelves of our hearts. If mixed together in the right amounts at the right times, they can produce a very wholesome and deliciously good human.

Feel free to mix these ingredients in the right amounts that may please and appease your palate. Ingredients:

**Kindness:** Being considerate, generous and understanding of others, advancing benevolence to our fellow beings, comforting them in times of need, sharing a meal, sharing a nice meme or a funny picture, sharing a song, opening or holding a door, console and comforting. It just feels good. Kindness is readily available within you and is not expensive at all. It is an ingredient that never runs out. On the contrary, the more you distribute it, the more it self-replenishes. Be kind.

**Empathy:** A good friend of mine trademarked the following sentence, “Sympathy devours, empathy empowers.” This is true. Being empathetic means putting your soul and being in your fellow human’s shoes or state of being and feeling what he or she is going through. In doing so, you realize what he is suffering from or persevering against, and you are better able to help him. Empathy almost always leads to understanding and to solutions that can resolve problems on an individual, societal or global scale. From fighting depression to hunger and disease, don’t be afraid to sprinkle on a generous amount of empathy. It also doesn’t run out and is readily available and self-replenishing. It



MOHAMMED AL MUSTAPHA  
Groundcover contributor

makes you a better human as it gives you the opportunity to feel others’ pain, and it might help you avoid the same predicaments.

**Respect:** Respect, to me, means being considerate of others’ feelings and limiting negative actions. It’s understanding that we are all different and experience the world differently. This diversity of perspectives allows us to build our own thoughts, facts, opinions and more. Because we are a varied species, we naturally have differing opinions and points of view, and they are all valid to an extent. Each and every one of us should be proud of who we are and respect others for who they are. Life is tough, and the varying degrees of opinions are what make life a sweet smorgasbord. Being respectful of other people’s opinions, ideas, cultures, heritage, race, political affiliations, cuisines or whatever it may be, opens up the problem-solving mechanisms in our brains by exposing us to different methods or modes of critical thinking and problem resolution. If we had not been respectful and appreciative of others’ cultures or individuality, we would not have been exposed to the transmission of diverse knowledge and wisdom.

**Gratitude:** This one I am still working on learning myself. Just being thankful for what we have, whether it’s a little or a lot, whether it’s new or old, whether it’s opaque or bold. Being thankful can be difficult at times, but if we make it a habit, it takes us a long way. Being appreciative of who we are and what we do have gives us pride in our efforts to obtain the feelings and possessions that we have. It reminds us that we are capable of obtaining greater things. Gratefulness is a positive loop mechanism. The more grateful we are, the more we realize what we have and what we did to obtain it, and the more we strengthen those positive attainment muscles. So be grateful no matter where you are in this life and at whatever stage you are. Gratitude is a cool attitude, my dude.

**Honesty:** I used to be a liar. It just came naturally to me. Lies flowed off my tongue uncontrollably, whether it was to spare someone’s feelings or for

personal gain. But you know something? I got tired of it, bro. I kept forgetting my lies. It happened so many damn times. I would tell a lie, weave a wide web, embellish it. My imagination would run wilder than a mustang on the prairies. I could tell a lie better than Picasso, Van Gogh and Michelangelo could paint. But you know what happened? I got tired of being embarrassed. Embarrassed about forgetting my lies. Have you ever had someone you told a lie to come back and ask you about it, and you stand there dumbfounded, like, “Dude, what are you talking about?” And they’re like, “Dude, that’s what you said last week.” And then you can’t remember anything because it was all lies flowing like a spring stream. I couldn’t do it anymore. My brain is not that complex. Honesty is best. When you tell the truth, you don’t lose, and you never forget the truth. Being honest is respectful because you are not belittling those around you by underestimating their mental capacities through assuming that your lies will entrap or fool them. Being honest is awesome. Just administer honesty in a polite way in situations that involve others’ feelings — you know what I’m saying, partner?

**Humility:** Being humble does not mean belittling or downgrading yourself. On the contrary, it means that you are confident enough in yourself, solid enough to know your faults and limitations and work on them, while also recognizing your strengths and virtues. Being humble allows you to listen, to learn and to grow. It allows you to connect and enjoy. As an immigrant American myself, humility has allowed me to experience and enjoy cultures, cuisines and music from all over the world, which has made me into the unique individual that I am. An old Islamic saying goes as follows: “The more you humble yourself, the more God will uplift you.” Arrogance is abhorrent. Pride in oneself is okay, but arrogance will turn people away from you, and that is not good. Be humble and practice humility, and you shall unlock so many great experiences that will surely blow your mind. You never know where your next piece of happiness and joy is coming from. It might be the old lady at the library or the homeless man on the corner.

**Forgiveness:** Now, this ingredient never goes bad, never expires, and you can never ever overuse it. On the contrary, the more of it you add, the sweeter it spices things up. Forgiveness is beautiful. Don’t hold negative emotions in your heart. Forgiveness rejuvenates the heart, invigorates the soul and makes it lighter. And I think

one of the sweetest things in the world is when you see the smile on that individual’s face who might have wronged you but regretted it and came to ask for your forgiveness. I even go further and say forgive those who wrong you and don’t apologize or regret it; just leave it to the cosmic, galactic, karmic universe and it will surely return to you in many positive ways. I do say forgiveness is one of the sweetest joys in the world. Practice it wisely.

**Compassion:** This is a key ingredient. It’s synonymous with empathy to an extent, but more proactive in the sense that you not only feel others’ pain or discomfort but also exert some energy into alleviating it. Compassion makes us more proactive in alleviating issues and solving others’ problems. Compassion is one of those ingredients that’s really good for the heart and soul. It makes both of them stronger, just like how the sun and vitamin D strengthen bones.

**Positivity:** Be careful because this ingredient is fast-spreading, fast acting and almost contagious, and makes the whole recipe extremely tasty and delicious. It will leave you in delight. It is hard to bottle and contain, has no expiration date, and you can sense it before you see it or smell it. It is one that is hard to obtain at times, but once mastered, it can never be exhausted. You start off by adding small amounts of it to your recipe, and it exponentially grows by itself. I say start by obtaining small bits of it here and there, like enjoying the bright, shiny sun rays in the morning when you wake up, the wafting smell of flowers on your morning walk, a sweet sip of your latte or cappuccino or green tea in the morning, smiles of pretty girls walking by, sweet songs of the birds by the window, a beautiful song, whatever. Just make sure you stop and look for it. It is hidden in obvious plain sight all around you. Once you get into the habit of collecting and displaying it, it becomes a key ingredient that you can share with all the neighbors, and you will never run out of it.

There are a lot more ingredients out there in the world that can make for a wonderful recipe for being a nice human. I myself have not yet obtained or mastered all of them, but I am working on it, and I hope that you do too, friend.

As always, may we all enjoy joy when it comes, and may we be consoled and alleviated when needed. Amen.

Thank you, Father Time.

*“Striving to be a better man today than I was yesterday, and a better man tomorrow than I am today.”*

# Markona's Angels

**MARKONA LOVE**  
Groundcover contributor

Because I am on the Spectrum, relationships can be difficult minefields to navigate. You might think I would have some difficulties working mainly with younger women, but not so — the sensitivity from my Asperger’s opens opportunities for me to form bonds with women.

I have a friendly but productive working relationship with these women without any intergender complications. I’m pansexual and have spent the last 20 years celibate — not fully intentionally. My journey was that of many temptations that were all considered, but for various reasons rejected. I apparently preferred not to relinquish my Love to others. As I examine myself through deep introspection, I’ve concluded that I know I give myself fully (more than most people could conceive), and that I’m crushed when the same devotion and dedication does not meet mine. The women at Groundcover and Argus indirectly and unknowingly supported me and gave me the confidence to trust.

These wonderful, educated women have shown their Love, Strength and Compassion in unselfish support of this poorly educated, broken, old man to help me reach for my destiny ... my final words. Hopefully, a previously hidden message from the wisdom of extraordinary experiences of assorted lifetimes may result in a new birth of a possibly new humanity.

Empathy, compassion and sensitivity are all abilities that I am gifted with and weigh heavily in the way I

relate to others and the level of intensity of my emotional processing. I am able to bond extremely well with most women. Gifted (and cursed) with an intense level of empathy, I have been better able to relate to a more emotional way of processing. So, I’m not sure why I was surprised when all these wonderful, talented, strong, intelligent and beautiful — if I didn’t say all those, they might hurt me (kidding) — women, not just supported me, but raised me up. They were at first my editors and advisors, then friends; all of them are talented writers, editors and/or teachers. They were editing my articles and really encouraging me. Now, my Angels are my good friends. I’d do anything for them, even help them move or take them to the airport.

Since I moved back home to Ann Arbor, Lindsay was and is my first friend, and she and Ken are my closest friends. Lindsay has been the anchor since the beginning. One look at that beautiful smile ... so warm and bright, envelops me and inspires me to be a better person. I have been overwhelmed by all of my saving Angels.

After Lindsay and Ken led my way, these other wonderful Angels joined to help carry me. The rest of Markona’s Angels: Luiza (Graduate Student Instructor) volunteers with Groundcover and was editing my articles, then began sharing her off time with me to help shape my talent/skills. Luiza gives me time she really doesn’t have, and has become a trusted friend. Alex (known as Sasja at Argus), is a young Finnish freelance writer and Groundcover volunteer who took a personal interest in me as a

friend and started editing and sharing about my writing. Then when I lost my car and had to move into a tent near the railroad tracks, Alex and Gregg (her partner) bought me supports for broken knees, food and supplies ... note, they don’t have money. I don’t forget that kind of shared Love. I will be forever grateful ... friends for life. Lit (writer) and I started sharing writing projects which then progressed into a supportive relationship. Layla (editor/graduated student/friend) is the Deputy Editor at Groundcover and does final edits on my Groundcover articles. Layla has been supportive of my work and me personally ... another good friend now.

I thank each and every one of you from the bottom of my heart to the tips of Kona’s wings for giving me the release to fly the way Kona taught me.

I know Kona would be/is very appreciative for the Love shared, to help me reach my destiny, as she has given her Life for me to achieve my destiny.

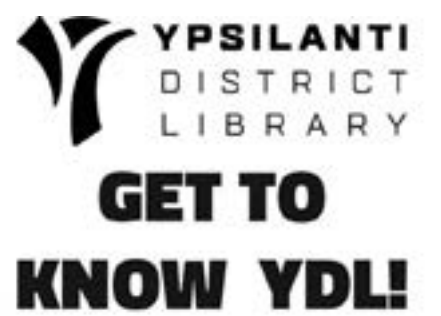
All Our Grace to Raising My Supporting Angels.

With all Admiration & Love,  
Markona Love (with Kona)

*Author’s Note: Glenn Gates sketched this cartoon in his free time — which he has very little of — but still helps everyone. He is a mentor and Groundcover anchor for all of us. He is so special — I dare you to try and find somebody to say different. He gets all the Love I can give. Bless Groundcover. Almost all of my articles have some reflection of Ken Parks, for he is my mentor.*



Cartoon by Glenn Gates



WHERE TO FIND US:  
Online at [ypsilibrary.org](https://ypsilibrary.org)  
Call us at 734-482-4110.

**TO GET YOUR LIBRARY CARD:**  
1) Fill out the easy online form at [ypsilibrary.org/library-cards](https://ypsilibrary.org/library-cards).  
2) Call 734-482-4110  
3) Or stop by any YDL location!

**DON'T HAVE A DRIVER'S LICENSE?** We can work with a variety of IDs to get you your card.

## FEATURED RESOURCE

**Lunch, Listen, and Learn**  
WEEKDAYS, JUN 26 - AUG 4  
Kids ages 0–18, join us for lunch and a daily read-aloud, followed by hands-on learning activities.  
12:30-1:30pm: YDL-Michigan  
1-2pm: YDL-Whittaker  
1:30-2:30pm: YDL-Superior

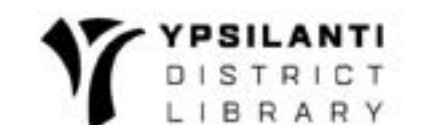
Sponsored by the  
Michigan Department  
of Education and Food  
Gatherers.

## FEATURED EVENT

**BOBLO BOATS:**  
**A DETROIT FERRY TALE**

Jul 8 | 2-5pm | YDL-Superior

Join us for a screening of *Boblo Boats: A Detroit Ferry Tale*, followed by a Q&A with director Aaron Schillinger. Boblo Island sparked the imaginations of Detroiters and Ontarians for more than 85 years. When Boblo Island tragically shut down in 1993 the passenger ferries for the park were left to ruin. Watch two teams of people attempt the restoration of these vessels.





# 'Mad God' is not for the faint of heart

Like many people, I find myself thoroughly impressed whenever I reflect on the seemingly infinite capabilities humankind demonstrates through an endless list of accomplishments throughout the ages — from its inventions of necessity, observations of reality, mathematical truths and of course, the ability of conveying the imagination through artistic expression. Despite the fact that we've been at such practices for quite some time, it remains easy to be awed at what we have created in our world.

Not very long ago, I was amazed to learn that the human imagination is so powerful, so complex, that figments of my dreams could actually be entities with their own independent sentence. This left me thinking I'm either crazy or that humankind hasn't even begun to scratch the surface of understanding our untapped potential. Going back to our talent of bringing the imagination to life through the medium of artistic expression, there are some who have birthed words beyond our wildest dreams — and our nightmares.

This article reviews a film I stumbled across where I anticipated something different, a film which is certainly nowhere near the usual shallow,



**JAMES MANNING**  
Groundcover vendor No. 16

simplistic and generic cash grab Hollywood genre. At first glance one would think it occupied the realm of horror, but it held a deeper philosophical outlook that changed my ability to list it as any known genre of storytelling. In fact, saying it follows a cohesive and solid storyline is unnecessarily generous. Oh, there's a structure, but it's more like a marker for direction so you don't get hopelessly lost. Nonetheless, this film blew me away. I especially enjoyed the fearlessness with which the movie was made — the total disregard for the judgements and comfort of the viewers. At least for myself, it is a very important part of creative expression. Set your mind and imagination free of the restraining chains of appropriateness and every

other reasoning or excuse to limit the mind's potential.

So this film I've done my best to justify the existence — and even necessity — of is simply titled "Mad God." One blaring, ironic thing about this movie I said was not intended as another Hollywood blockbuster is the fact that it is directed by Phil Tippett. It's ironic that though he's not exactly a household name, he was a special effects expert on some of Hollywood's great films such as "Star Wars," "Indiana Jones," and "Jurassic Park," to name a few.

So already the creation of this film has an interesting back-story. I won't cover the entire story of how it came to be, but I can tell you this was an on and off project that was 30 years in the making. This was indeed partly because this film was made using stop-motion animation, which Tippett was working on for the "Jurassic Park" computer animation, and which was becoming good enough to begin replacing traditional special effects. This made Tippett, who had begun this independent side project, recognize that, inevitably, reliance on computer generated movies would make a stop-motion film obsolete.

So he shelved the project and it sat



**Mad God movie poster.**

in storage for years, until discovered by one of his colleagues. I'm not sure if stop-motion film never fully died due in part to the popularity of Tim Burton's "Nightmare Before Christmas" and other such films having enough of a fan base to keep the style in practice,

see MAD GOD page 10 ➡

# Summer street scenes



**MIKE JONES**  
Groundcover vendor No. 113

I found a new passion and purpose: photo-journalism and street photography. This passion and purpose could not have come at a better time period in my life because I am the type of person that gets bored easily and loses interest for whatever reason. For those who don't know, I am attending Washtenaw Community College to pursue a liberal arts associate degree.

This semester I am taking an English and a photography class at WCC. My photography class at WCC allows

students to check out cameras and other equipment in order to pass the course if you don't have your own camera and equipment. When I first held a Canon t7 Rebel camera in my hands and saw the images this thing could produce, I knew I had to have one, so I purchased my own.

I realized photography and imaging are important as a learning tool. I was a lazy reader in my youth. I did a lot of my learning through pictures in books and read as little as possible in order to comprehend.

Photography is popular. My class is full of different people with a variety of photography goals in mind. Again, I am taking up photography to become a photo-journalist and street photographer. I've met other classmates that are into micro-photography and portrait and landscape photography.

Here are a few photos I took while selling Groundcover News in our beautiful city Ann Arbor and around Washtenaw County. I hope you all enjoy peace!

1. A person I see everyday on my way to work.
2. Another day at Starbucks.
3. Ann Arbor recycling at its best.
4. A2's next top model.
5. Ann Arbor Saturday morning drummer.
6. Time for a phone break.
7. Guess who's coming to dinner!
8. Lets go for a ride on the wild side.



THANK YOU WASHTENAW COUNTY

## For providing *PEER SUPPORT*

VALERIE BASS, PEER SUPPORT SPECIALIST,  
WASHTENAW COUNTY COMMUNITY MENTAL HEALTH

24/7

**CALL FOR MENTAL HEALTH  
OR SUBSTANCE USE SUPPORT**

**734-544-3050**

Brought to you by the 2019 - 2026 Washtenaw County  
Public Safety and Mental Health Preservation Millage  
[washtenaw.org/millage](http://washtenaw.org/millage)



# Dr. Sebi's diet really works!

DALON EATON  
Groundcover contributor

I grew up riding the fast food ferris wheel as a child. Growing up with a single mother in Detroit, TV pretty much raised me. Commercials, promos and giveaways were usually linked to my favorite TV shows. I remember one commercial in particular advertising a burger so good you could eat the paper when you were done; needless to say the paper was not edible (I tried).

My grandmother was a cook, a lunch lady in fact, but by the time I came around she was wiser, tired and retired. My great grandmother, God rest her soul, didn't know how to read, so starting a family restaurant was out of the question.

Having to take the city bus when I was eight years old, I was reliant on fast food for survival. From french fries from clowns to onion rings wearing crowns and every red headed colonel selling chicken ... I thought Popeye ate spinach.

I was caught in a web — low income family barely making ends meet. Depression soon set in, and coming from where I'm from, comfort food was of course the go-to as the remedy for emotional pain. Nutrition was out of the question; there was simply no time. I mean how? With my mother working, no father, a retired grandmother and me going to school and learning life ... (plus yo like I was eight).

So, over the years I developed type two diabetes. At 17, I said enough was enough and I was going to take control of my eating habits. I decided

to start eating salads and salmon and also jog. While this route definitely was a great start to my new lifestyle and covered the basics, it did not give me a full understanding of the effects certain foods caused on the body.

I used to have to take Metformin and insulin even though I had worked myself off of them, as the damage to my pancreas had already been done. So, I was determined to get in the best shape of my life and started to research different types of fruits and vegetables. That's what led me to Dr. Sebi's diet.

The point of the diet is to eat foods that reduce acid in the body and eliminate mucus build up. Acid and mucus carry disease. Diseases are bad, okay?

"Alkaline" is a type of battery that charges all of the electronic devices that we use today. The body is no different than these devices — they need charge! If, God forbid, someone's heart stops, they would hook that person up to a defibrillator and they would yell "clear" and send electrically-charged currents to jumpstart the heart. Alkaline is a type of battery where the electrolyte has a pH value above seven. Alkaline foods have this same pH threshold. Certain types of fruits and vegetables are genetically modified and do not have a high enough pH value to recharge your organs or reverse cell death. Dr. Sebi's diet is a plant-based diet that prioritizes foods that have a pH value above seven.

see SEBI page 10 ➡

### The Real Dr. Sebi Alkaline food

**Fruit**

- Apples
- Burro Bananas
- Berries (no cranberries)
- Cherries
- Currants
- Dates
- Figs
- Grapes (with seeds)
- Key Limes
- Mangos
- Melons
- Oranges
- Papaya
- Peaches
- Pears
- Plums
- Raisins
- Soursop
- Tamarind
- Soft Jelly Coconuts
- Cactus Fruit

**Vegetables**

- Amaranth Greens
- Avocado
- Dandelion Greens
- Green Banana
- Kale
- Lettuce (no iceberg)
- Mushroom (no shitake)
- Mexican Cactus
- Nopales
- Okra
- Olives
- Onions
- Peppers
- Squash
- Tomatillos
- Tomatoes (plum & cherry)
- Turnip Greens
- Watercress Greens
- Zucchini
- Sea vegetables (nori, dulse, kelp, sea moss, etc)
- Wild Arugula
- Purslane

**Seasonings**

- Basil
- Cayenne Pepper
- Onion Powder
- Oregano
- Sage
- Sea Salt
- Sweet Basil
- Savory
- Dill
- Thyme
- Tarragon
- Habanero
- Bay Leaf
- Achiote
- Agave
- Date Sugar

**Nuts & Beans**

- Brazil Nuts
- Hemp seeds
- Sesame seeds
- Walnuts
- Chickpeas

**Grains**

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Teff
- Wild Rice

**Oils**

- Avocado Oil
- Sesame Oil
- Grapeseed Oil
- Olive & Coconut Oil (don't cook)

**Butters**

- Tahini Butter
- Walnut Butter

\*Avoid canned & seedless fruit. Avoid using microwaves. Eat fresh/raw foods as much as possible. Avoid Processed foods.

## Want to lower the cost of your energy bills?

The Washtenaw County Weatherization Program has **INCREASED** their income guidelines!

**Weatherization can include:**

- Home Energy Inspection
- Air Sealing and Insulation
- Furnace Replacements
- Fresh Air Bath Fan

**Apply today at [bit.ly/wx-app](https://bit.ly/wx-app) or call (734) 544-3008!**

**Homeowners and renters can apply!**

**Updated:**

**Income must be at or below 80% area median income (AMI) to qualify:**

Household Size	1	2	3	4	5	6
<b>Income Limit 80% AMI</b>	\$66,300	\$75,750	\$85,200	\$94,650	\$102,250	\$109,800

**Benefits of Weatherization**

- Comfort
- Lower Utility Bills
- Energy Savings
- Improved Health and Safety

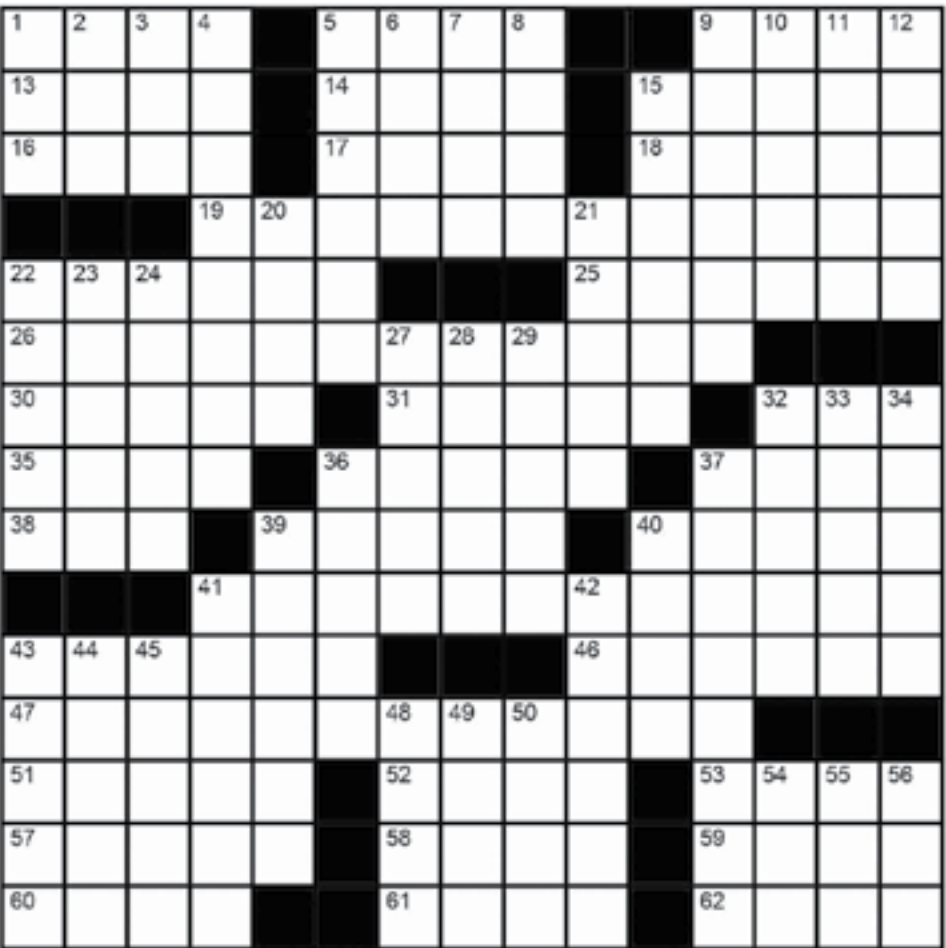
**OFFICE OF COMMUNITY & ECONOMIC DEVELOPMENT**  
*Collaborative solutions for a promising future*

**(734) 544-3008**

**415 W. Michigan Ave., Ypsilanti**  
**[washtenaw.org/weatherization](https://washtenaw.org/weatherization)**

## CROSSWORD

from the International Network of Street Papers



### ACROSS

1. Brit's "Baloney!"
5. "\_\_\_ Like the Wind" ("Dirty Dancing" ballad)
9. Scoundrels
13. "I had no \_\_\_!"
14. "Catch!"
15. Police club used in India
16. \_\_\_ oil (skin care substance)
17. "\_\_\_ of Eden"
18. Knight's "suit"
19. Tongue-tied
22. Composer Gustav
25. Hunk
26. Greek who measured the Earth's circumference
30. English county
31. Twisted
32. Busy one in Apr.
35. Soon, to a bard
36. How some things are remembered
37. Guard's target
38. Where the French might take a dip
39. Cliffside dwelling
40. Taste, e.g.
41. Oaks Park patron
43. Pattinson or Redford
46. Servant's uniform
47. Grumpiness
51. Jungle climber
52. Aerial maneuver
53. Indian dress
57. Carpenter's tool
58. Palindromic emperor
59. It might be oral or physical
60. Winter vehicle
61. Make up ground, with "on"
62. Fill-in

### DOWN

1. Sn on the periodic table
2. Words of praise
3. "Comprende?"
4. Popular Broadway musical
5. Clippers
6. Try, as a case
7. At one time, at one time
8. Org. looking for aliens
9. Guitarist Santana
10. Hindu soul
11. Hindu loincloth
12. Begets
15. Acclaimed
20. Gas used in ads
21. Shrewd
22. Cross, maybe
23. "Gladiator" setting
24. Devastation
27. Spin
28. Dawg
29. Famous 18th-century Swiss mathematician
32. Short story
33. Tough question
34. Imitation
36. Atlanta-based airline
37. Portly
39. From the heart?
40. "Saturday Night Live" segment
41. Curbed, with "in"
42. Loafer, e.g.
43. Small streams
44. Bay window
45. Plucky
48. Place to post
49. Bit
50. Money of Lesotho
54. Can
55. Battering device
56. Mischievous one

### Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other Groundcover vendors, especially

vendors who have been suspended or terminated.

- I agree to treat all customers, staff, and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor Corner Policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you would like to report a violation of the Vendor Code please email [contact@groundcovernews.com](mailto:contact@groundcovernews.com) or fill out the contact form on our website.



# Bent neck

All my early life, I was taught that the glory of a male is how beautiful his mate is. For me, never having a true legal wife had seemed to make me walk with a bent neck, slumped over to a degree in defeat of this game they call Love.

When I was a kid, my older brothers would pay me no mind unless I had pretty girlfriends hanging out with me. Soon, I learned my value was the beauty beheld in my female company.

Having schizophrenia, I barely knew how to really connect with males, let alone females.

It seems to me as I read the Bible that the glory of a woman is her hair, and I concluded from my upbringing the glory of a man is his wife and the glory of God is His son. Jesus may have never been married, no children, never having sexual intercourse, but I surmise His Glory is the Bride of Christ like



KEVIN ALLGOOD  
Groundcover contributor

social security and I may not be the mainstream voice at Groundcover. With that said, blessed is the organization that would have many lenses to see from, therefore to pick the best lens for that given day.

Jesus rightfully said the only way to the Father is by Me and our surpassing good works would not ever be obtainable without the sacrifice of the sinless Holy (and that means without blemish of the Holy Sheep Christ Jesus.

My heart's desire is that I'd one day fall in love and walk in a world with amazing love in Me, for it is written that Love always wins. To walk upright not slumped over as if the world had not beaten me in the game of Love. All things are possible to those who believe and I do believe that at 46-47 years old

the glory of Christians is Jesus's glory. (It is written that greater are the works the Bride will do because Jesus cut His life so short in willingly laying down His life for the Bride, aka Christians.) So we as Christians should work to exceed the good works of Jesus, who died at 33.5 years old.

I'm a Christian schizophrenic on

➡ **MAD GOD** from page 6

but I'd love to ask Tippet about it. When "Mad God" was discovered, there was no doubt encouragement towards Tippet's journey of pursuing the once-abandoned film to its completion

Although I'm suggesting this movie, I would feel pretty cruel if I were to omit a stern warning to you. This is not, I repeat, is **not** a movie for the faint of heart! It depicts the darkest, gristliest, most horrible, awful, unrepentant soiler of all known things of sacred purity. It is full-on, right-to-the-edge of the worst possible horrors of not just humanity but any and all perceived existence. You cannot just call it dark and disturbed because it is so much beyond that, and so much more than any sad, sadistic offense.

It's a film that normal, good-natured people should never witness. It leaves you feeling and knowing you are forever changed for the worse. However, anyone who can see beyond this will observe other underlying points and lessons, Unavoidable truths, such as the forever-unchanging cruelty that the cycle of time employs for the continued miracle of existence.

Yes, this is a movie that is definitely not for everybody. However I more or less got the gist and I absolutely loved it, if only for its level of creative expression. And I've always been into all kinds of deep philosophical crap, so with that I highly recommend it to any like-minded persons and especially gore and horror fans.

Saying that writing a descriptive review of this film is a challenge

is an understatement. I wouldn't know how to begin describing it, but a 90s TOOL music video comes to mind.

So there you go, I tried my best informing you and I hope you find this assessment accurate if not totally enlightening, for those of you who choose to check this film out anyway. Being a fan of the darker corners of our imaginations, I thoroughly enjoyed this particular creation. I still wouldn't call this a horror movie but I do recall it being attached to "Shudder," which is a horror-themed streaming service. You can find it on there, or at the library on DVD. Just don't hate me if you get nightmares! I did my best to warn you after all, but I hope you can understand the point I'm trying to make. This film is unique and interesting.

➡ **SEBI** from page 8

Have you wondered why Hawaiian (pineapple and ham) pizza is always on the menu? You're in luck, you just found a rest area for your wandering thoughts. The reason why is that pineapple is acidic and breaks down pork fat which is bad for the body.

With the foods on Dr. Sebi's Alkaline list, in theory, you could kill cancer cells. (Cancer is considered anything foreign to the body). Doctors sometimes treat cancer patients with chemo, which kills the cancer, in addition to hair follicles and more. With alkaline-charged foods, you can prevent cancerous cells from forming in the first place. You can recharge your internal organs and reverse-engineer dead cells. (Result may vary; consult your primary care doctor.)

I've been doing this diet for six months. I am not a cancer patient but I will say that because of this diet my mood is better, I'm calmer, my gut is healthy and I feel great. If you want to know more about Doctor Sebi and the diet and witness this transformation for yourself, visit [drsebicellfood.com](http://drsebicellfood.com)

You deserve safe and affordable housing.

Learn more at:  
[McKinleyTenantsAssociation.com](http://McKinleyTenantsAssociation.com)

# Love by Love: "Love is Stronger than Death"

A column on compassion

It was Christmas week 1983 on the Island of Cyprus — situated between Greece to the north and Turkey to the east — in the Mediterranean Sea. The island is mostly known for the strong Greek presence, but half of the island is under Turkish control. The weather is beautiful, comparable to San Diego, maybe a little cooler. The mountains on the west side of the Island get cold and there is snow skiing. The rest of the island is about beaches and quaint but very functional villages. Assorted discos, party spots and family restaurants are supported by big tourism in the summer from northern Europeans. The island could be considered as a theoretical bridge to the Middle East (Asia). The Cypriots are very warm, friendly and honest people.

The stage has been set for this romantic tale of a truly pure Love, here at this old castle-like hotel on a mountain of Western Cyprus.

And now for the characters destined to be intertwined in a cosmic struggle over Love lost.

A young American 'scratch' about 18 years old named Martin was 6' 1" with brown hair, hazel eyes and a deep, beach-living tan. He was considered a handsome young man by most, with a light in his eyes that shines right into your soul, complementing an infectious smile with a colorful relentless energy and a consistently inquisitive nature.

Martin was staying the week of Christmas at this beautiful, hidden, old castle-like hotel in the mountains of Cyprus with most of his assembled family.

A captivating young Cypriot 'light' at 18 years old, Florentia, like Martin, had a personality that consumed the attention of a room. She had long, dark, flowing hair and relentlessly deep dark eyes that could not be escaped. Her smile was so warm as to settle an entire village all on its own. Respectfully, she was a beautiful young woman in all regards. Florentia also was there with her family for Christmas week.

Martin and his family were sharing a large dinner provided by the hotel in the large dining room, when Florentia approached Martin at his dinner table. With a deep-eyed warm smile, she asked him to dance. Wow, is all Martin could think, tongue tied and speechless ... this was a first for Martin ... Speechless is not a word you would ever consider in a description of Martin. Now, his family knew that dancing in public was his weakness. His older brothers started in, while sister-in-law Tammy said, "Go, don't leave her hangin', screw those guys."

Martin had previous experience dating older Swedish teenagers before



MARKONA LOVE  
Groundcover contributor

he was in high school, so shyness was not the issue — it was dancing in public. He was very bashful about dancing in front of others. This young woman clearly already had a hold on him, and once something got Martin's attention, then that was going to be the most engaging subject there could be ... all attention, full speed ahead ... "we don't need no stinking brakes, or a rear view mirror."

From then on, for that week's stay during Christmas — a very special Christmas — the two became inseparable and the item of entertainment for hotel residents, who appeared to Martin and Florentia as extras in their romantic flick. It felt as if everybody was part of their chemical concoction only ... there to play supporting roles in their epic adventure.

First, the two loitered and lounged in the hotel lobby with her Cypriot friends and Martin's brother Ralph. They would all share and joke about their cultures and ways of living, leading to the Cypriots asking silly questions about America like, "Do you know Burt Reynolds?" Martin couldn't pass this opportunity to be ridiculous and said, "Sure he lives next door; yesterday he came over for coffee. Did you know he picks his nose — and eats it too?" Florentia called him out on it before he was even finished. Uh oh, Martin met his match, and so it was ...

From then on they were together every minute — alone on long storybook romantic walks on worn cobblestone roads, weaving through the quaint little Cypriot mountain village. Intense dialog, followed by enthusiastic questioning, each so enamored and fascinated with each other. As they turned around to start walking back, she faced him, then opened her hand next to his hand and gazed into his eyes, and Martin broke the stare that could have led to a kiss, but knew by living in the Middle East earlier that there could be serious consequences. Martin then grabbed her hand, almost abruptly, then they started walking back out of the village and up to the castle-like hotel.

Throughout the whole week, everyday, as soon as they could get to each

other, they did. All the other holiday residents of the hotel nicknamed them, "FloMarty." That was the combo of their family given nicknames, "Flo" and "Marty." Martin didn't mind being second, he preferred it ... he liked seeing Florentia raised up high. Whenever you saw them, they were always in constant joyful conversation, even while walking. They just could not stop — don't believe they even considered that possibility. Their presence together was like a treasured mascot pair of the hotel, sort of a Mickey and Minnie Mouse kind of thing. They would often be talking so much they would forget mealtimes with their families. The families only saw this as sweet and humorous.

On the last day, they met early at the bottom of the large, old staircase that descends to the small enclave lobby, where they sat for the last time to say their goodbyes and cast their ships to sea.

They felt as though these were the end of days. As they embraced, pulled away, and quickly embraced again, he noticed a change in her ... a calm contentment grew upon her face as she seemed consoled.

As she ascended the staircase, he watched his past future disappear into obscurity. Martin was shaken and stirred. For once, Martin didn't know what to think ... unfortunately, that was going to change. A distinguished Cypriot elder solemnly approached Martin, descending from the same staircase where Florentia had just ascended. Then this man, with warmth in his eyes, introduced himself to Martin as Florentia's father Bahadir, and said "Martin, it is nice to speak with you."

"Yes, thank you ... it is my honor," replied Martin.

They sat and Bahadir started with, "Martin, I must have a talk with you, there is something I must share with you." Martin responded in a soft, reserved tone, "Yes, sir."

Her father said, "Florentia is a very strong, special girl."

Martin immediately responded, "Yes, sir."

"Florentia has a very serious illness," her father drudged on, now having difficulty continuing. Martin's face flushed with inquisitive pain. Moving on, Florentia's father said, "She has enjoyed her time with you like no other in her life. She has been sick her whole life but is special like you and has touched so many and now you have touched her."

Martin was stunned, speechless again, for only the third time in his life, all related to her. Bahadir's eyes welled with tears and said "Today is it ... doctors say she will not make it through the day, but you gave her all she wanted before her final ascension — a romance."

What was Martin to say, but again, nothing, then eyes opening wide he demanded to be at her bed. The father said, "She doesn't want you to see her all hooked up in bed, she wants you to remember her the way you were together."

Martin embraced the father and they held tight as the father clenched a handful of Martin's shirt at his shoulders. They held the tight embrace as if long-known, close relatives at a passing.

After their release, nothing was said, just a mournful glance and a knowing gaze as the father started back up that staircase.

Floored, Martin could only watch Florentia's father ascend to his daughter's final words, and he was sure whatever beautiful wise words from beyond her limited years would comfort her father along with a warm passing smile. That was the beautiful light Florentia shone on this world.

After, Martin started to realize he was in another world and snapped out quickly enough to load luggage in the car. Immediately after coaxing himself into back of the Suburban, he realized he never gave Florentia her last kiss and began to cry for the inadequacy he left. Nobody knew anything and they were not worthy of her essence.

At first he mourned her loss — a great love that was never sealed with a kiss. Now, he values the purity of that Love and lesson. A Greatest Love without a kiss is but a memory of a Love to live in infamy.

Can there have been a more pure and innocent Love? — at that time, no. The future was only for dreaming. Isn't it beautiful when you see or hear of such a Love, then untainted? Why didn't they kiss? Maybe they were already at their greatest bliss ... what would maybe change if the spell would have been broken with a kiss, Martin thought. People ask, "What's Love without sex?" ... Martin would then say —

The most purely amazing experience and the opportunity to see Love and life in a new light.

This is a story that should never be lost.

"Love lost is like a window in your heart,

Everybody sees you're blown apart Everybody sees the wind blow"

[By: Paul Simon]

Author's note: This is a true story. Martin was Markona's given name at that time, but was called "Marty" by friends and relatives. Please send comments, feedback and topic ideas to the writer at [konagod.love5@gmail.com](mailto:konagod.love5@gmail.com)



# Vegan peach cornmeal upside-down cake

**LUIZA DUARTE CAETANO**  
Groundcover contributor

## Ingredients:

3 large fresh sliced peaches or 2 cans of drained sliced peaches  
1 cup of flour  
2 cups of cornmeal  
1 ½ cups sugar  
1 tbsp baking powder  
1 ½ cups orange juice  
1 cup vegetable oil  
1 tsp fennel seeds or ground cinnamon (optional)



## Directions:

1. Preheat the oven to 350F.
2. Coat a 9" round cake tin with a thin layer of oil. Spread your peach slices at the bottom.
3. In a mixing bowl, mix all of the other ingredients. Add the baking powder last.
4. Spread the cake batter carefully on top of the peaches and bake for 20-30

minutes or until golden.

5. When cool, flip the cake out of the pan onto a plate, so that the peaches are on the top. Or, just enjoy straight out of the pan.

You can substitute other fruit for the peaches, and use butter instead of vegetable oil for a non-vegan version of this cake!

## PUZZLE SOLUTIONS

5	6	1	7	8	9	2	4	3
9	8	2	3	6	4	7	5	1
3	7	4	1	2	5	8	9	6
1	3	8	4	7	2	9	6	5
6	2	9	5	3	8	4	1	7
4	5	7	6	9	1	3	2	8
7	4	3	9	5	6	1	8	2
2	1	6	8	4	7	5	3	9
8	9	5	2	1	3	6	7	4

TOSH	SHES	CADS
IDEA	HERE	LATHI
NEEM	EAST	ARMOR
INARTICULATE		
MAHLER	ADONIS	
ERATOSTHENESE		
DEVON	WOUND	CPA
ANON	DIMLY	HOOP
LAC	AERIE	SENSE
ROLLERSKATER		
ROBERT	LIVERY	
IRRITABILITY		
LIANA	LOOP	SARI
LEVEL	OTTO	EXAM
SLED	GAIN	TEMP

**Ann Arbor for Public Power**

# power to the people.

Utilities owned by the public, rather than by corporate shareholders, have been providing reliable electricity to customers across America for decades.

Michigan's 40+ municipal utilities charge their customers less on average for service with fewer outages than what DTE provides.

**Let's make the switch to public power!**  
Sign up for our newsletter.

## St. Francis of Assisi Parish

"If God were your Father, you would love me, for I came from God and am here; I did not come on my own, but he sent me."  
+ Christ Jesus (John 8:42)

### Come Worship With Us!

#### Mass Schedule

**Saturday** 5 pm (English) & 7 pm (Spanish)  
**Sunday** 8:30 am, 10:30 am, 12:30 pm, 5 pm

2250 East Stadium Blvd., Ann Arbor  
[www.StFrancisA2.com](http://www.StFrancisA2.com) 734-821-2100

PFC Kitchen proudly presents:

## INTERNATIONAL COMFORT CUISINE!

Available: Mon. - Fri. from 11-2 • Weekly menu at [peoplesfood.coop](http://peoplesfood.coop)

# \$2 OFF

**PEOPLE'S FOOD CO-OP**  
NATURAL FOODS MARKET & DELI  
216 N. FOURTH AVENUE ANN ARBOR, MI  
PHONE (734) 994-9174 • [PEOPLESFOOD.COOP](http://PEOPLESFOOD.COOP)

## ANY PURCHASE OF \$15 OR MORE

One coupon per transaction. Must present coupon at the time of purchase. Coupon good for in-store only. No other discounts or coop cards apply. Not valid for gift cards, case purchases, beer or wine.

OFFER EXPIRES 7/13/2023

## FIRST BAPTIST CHURCH OF ANN ARBOR

We seek to...

- follow Jesus
- respect all people
- honor questions
- be real
- nurture community

Sunday @ 10a 517 E. Washington Street [fbca2.org](http://fbca2.org)  
Open to all. Closed to none.